

THE RIDGE



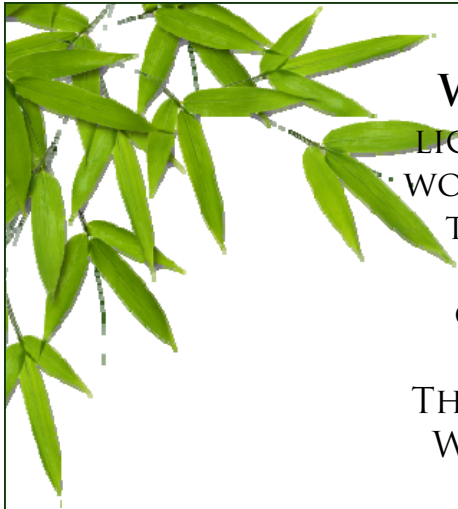
AT 660 GREAT POND ROAD
NORTH ANDOVER,
MASSACHUSETTS
01845

Rolling Ridge
† Retreat and Conference Center

978-682-8815
WWW.ROLLINGRIDGE.ORG

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**ROLLING RIDGE
WELLNESS CENTER** IS A
LICENSED MASSAGE AND BODY
WORK FACILITY AND IS ON-SITE
TO PROVIDE MASSAGE AND
OTHER BODY WORK. WE
CONTRACT WITH SEVERAL
CERTIFIED MASSAGE
THERAPISTS AND OTHER BODY
WORK PROVIDERS TO OFFER
THESE SERVICES.

WELLNESS RATES:

60 MINUTE SESSION– 70

90 MINUTE SESSION– 95

HOT STONE (90 MINUTE) – 120

GROUP RATES: ASK ABOUT OUR BODY WORK PACKAGES
SPECIFICALLY DESIGNED TO FIT THE BUDGET AND NEEDS OF
YOUR GROUP.

All services are on an appointment only basis.

To schedule a session , or for further information

please contact Kim Adami , Practitioner , at 978-687-9405

or the Rolling Ridge office at 978-862-8815.

BODY THERAPY & WELLNESS AT ROLLING RIDGE

AS A WELLNESS CENTER , OUR MISSION IS TO PROVIDE
YOU WITH A PLACE WHERE YOU CAN ATTEND TO BODY,
MIND AND SPIRIT.

OUR WELLNESS CENTER PROVIDES OPPORTUNITIES OF
EXPERIENCING THE CALMING , GROUNDING EFFECT OF
SKILLED, COMPASSIONATE TOUCH.

AVAILABLE THERAPIES:

Shiatsu is Japanese for "finger pressure," and consists of finger and palm pressure, stretches, and other massage techniques along the Meridians. Shiatsu is traditionally performed on a futon mat or massage table with clients fully clothed. Shiatsu practitioners promote it as a way to help people relax and cope with issues such as stress, muscle pain, nausea, anxiety, and depression.

Craniosacral Therapy is a holistic healing practice that uses very light touching to balance the craniosacral system in the body, which includes the bones, nerves, fluids, and connective tissues of the cranium and spinal area.

Somato Emotional Release: Somato emotional Release is a therapeutic process that helps rid the mind and body of residual effects of past trauma and associated negative responses. Following trauma, the body isolates the "energy cyst." Somato Emotional Release has a goal to help the client physically identify and expel the energy cyst through re-experiencing and resolving incidents. www.upledger.com

Reiki is a spiritual healing art with its roots in Japanese origin. The word Reiki comes from the Japanese word (Rei) which means "Universal Life" and (Ki) which means "Energy". Reiki is not affiliated with any particular religion or religious practice. It is not massage nor is it based on belief or suggestion. It is a subtle and effective form of energy work using spiritually guided life force energy. A session is done fully clothed with either a hands off or gentle hands on approach. www.reiki.org

Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques Workshop : feel calmer before surgery, use 23-50% less pain medication and heal faster. www.healfaster.com

Muscular Therapy / Myofacial Technique /Compassionate Touch / Muscular Therapy is a 4 part system of treatment and education that includes deep massage, body care techniques, tension release exercises and postural suggestions to help break down chronic muscle tension, increase circulation, elongate muscle tissue, improve joint movement and relieve stress, giving the client a restored feeling of well being.

Polarity Therapy Polarity Therapy is a system of therapeutic touch-diagnostic and gentle treatment techniques, which work to open blockages in their flow, and the creation of positive attitude and life-style . The treatment does not require disrobing, involves soft touch , some rocking as well as point specific touch often experienced as tingling , warmth, expansion or wavelike movement and very relaxing.

Reflexology is a holistic energy-based modality , working through the energies of the nervous system . It utilizes manual techniques unique to the field of Reflexology to feet and hands. Reflexology promotes balance and normalization of the body naturally . It reduces stress and improves circulation.

Hot Stone Massage A heated stone massage is believed to have numerous healing properties. The heat can help relieve muscle tension and allow the body to relax and be at ease. A hot stone massage can also help with inflammation, injury, back pain, poor circulation, osteoarthritis, arthritis pain, stress, insomnia, calm nervous system, and even mental disorders such as depression and anxiety. This massage incorporates a massage using oils as well as heated stones to provide deep warmth and relaxation.

Our Body Therapy Staff :

Kim Adami LCMT, NCTMB

muscular therapy
myofacial technique
compassionate touch

Ricia Fleming Ph.D., NCTMB

Hot Stone Massage
Relaxation and Deep Tissue
Shiatsu/Reiki Energy work
BodyStory
Cranio Sacral Therapy
Somato Emotional Release Therapy

Ulrike (Uli) Kapp APP, NBCR,

Foot and Hand reflexology
Polarity Therapy

Carrie Lynch , RN, BSN, NCTMB

Cranio sacral therapy
Somato-Emotional Release Therapy
Relaxation Massage
Shiatsu
Reiki
Hot Stone Massage
Prepare for surgery workshop

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